

Casebate

Spotlight
Event

Town Hall Meeting

Dr. Patrick Russo, superintendent of Hampton City Public Schools, will be among the presenters Tuesday.

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Vol. 27, No. 3

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February 4, 2005

What's Inside



It's Showtime!

Monroe kicks off its African-American / Black History Month observance with a spectacular stage show.

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The Lemon Laws

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MWR/Fire beats HHC

A combined team doused HHC's three-game winning streak Jan. 27.

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Community Notice

FMCU offers free home-buying seminar

A free seminar Thursday at the Willow Oaks Branch of the Hampton Public Library will focus on "What you should know when buying a home." The Fort Monroe Credit Union sponsored event begins at 7 p.m.

Experts will discuss the buying process from start to finish, and provide helpful insights on common mistakes made by most prospective home buyers.

The seminar is free and open to the public. Seats are limited. For more information or to make reservations, call 728-2704.

Dealing With Death

Post Judge Advocate stresses importance of estate planning

It lurks on the grim side of that old familiar saying that begins "There are only two things that are certain in life ..."

Most folks quickly whisk away any thoughts of the word upon its mere mention. Face it – it's scary, kind of depressing and the last thing you want to bring up during casual conversation.

Those who have experienced their latest bout with an IRS 1040 form might assume the word in question is "taxes." To the contrary ... death can be every bit as gruesome, especially if you have not taken the necessary steps to ensure your affairs are in order once you've passed on.

Yikes! That's heavy. But don't give up yet – we'll get through this.

The fact is, you have to consider the people who are close to you – a spouse, children, mom and dad, other family members or even friends – and what they'll have to deal with once you've departed this world. Do they know your last wishes? Where is the important paperwork kept? Can your spouse or surviving children handle the estate during their time of grief,

or do you need a separate executor? Will your important bank accounts be accessible once you're gone?

"Death is inevitable. The key is pre-planning – actually sitting down and discussing things that you don't really want to think about," said Maj. Thomas Barrett, Post Judge Advocate. "Most folks start thinking about it once they retire or once they're old. That's not the time to do it. Really the time is when you're young."

Estate planning doesn't have to be a total bummer. You might want to think of it as an act of love ... or your way of helping others by leaving them your hard earned money and possessions.

Barrett said it's especially important for married couples – with or without children – to have a well-thought-out plan. "When someone is in a state of grief it's not a great time to make important decisions," he said. "Every family, to include junior enlisted homes, needs to discuss these matters ahead of time."

For active duty service members, estate planning can be as simple as

See DEALING, Page 10

BY BELINDA BAKER
CASEMATE STAFF WRITER

Monroe joins war against sexual assault

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

A new military training program titled "Sexual Assault Prevention and Response" was introduced to a select group of Fort Monroe community members over the past several days.

Those who have completed the initial round of instruction have been tasked to conduct similar small group sessions within their respective units, organizations and offices across post in weeks to come. The training is mandatory for all Soldiers and will cover five "core" areas: a working definition of sexual assault; prevention measures; how to investigate complaints; medical treatment and care of victims; and victim access to both military and local community support agencies.

"Soldiers attending TRADOC schools are already receiving SAPR

training, and it will continue across the Army at the initial entry level and during professional military education courses," said Melissa Magowan, SAPR program manager for U.S. Army Training and Doctrine Command. She is also partnering with Fort Monroe to ensure training for all Army agencies on the installation.

"As of Nov. 12, 2004, SAPR train-

"The department is moving forward to make real changes and to make those changes stick. Sexual assault is a crime, and is not tolerated."

David S.C. Chu

Undersecretary of Defense for Personnel and Readiness

ing is an semi-annual requirement for all permanent party Soldiers," Magowan added. "And we're strongly encouraging participation in the program by DA civilian employees."

In a Jan. 4 press release, Undersecretary of Defense for Personnel and Readiness David S.C. Chu stated that the DoD "needs consistent sexual assault prevention education across the services to create a greater understanding of what constitutes a sexual assault, risk factors, and preventive measures."

Over the past year, the defense department has been working collaboratively with the services, members of Congress, and national experts to address the crime of sexual assault within the armed forces, Chu also explained. As a result, the Joint Task Force for Sexual Assault Prevention

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"You will never have to worry about being voted out or whether you are good enough for God's use."

'American Idol' and you

One of the most talked about television programs of late is the one called "American Idol." And, like so many other fans of this talent show on steroids, I'll admit that I'm hooked.

Idol is one of those programs where you, "the television audience," can sit in your living room and make the call as to whether or not a contestant has performed well enough to receive the necessary votes to move on to the next level of competition.

There are two kinds of contestants on the show.

First, there are those who really believe they are destined to be the next "American Idol." They often remind the judges about all those family members, friends and even strangers who have told them since early childhood that they have the voice of an angel

Chaplain's Corner



Lt. Col. Wilbert Harrison
Post Chaplain

and singing should be their goal in life. So, they set out to pursue a dream that someone told them they ought to pursue. They sing in church choirs and clubs, and perform for many unenthusiastic audiences who cannot dissuade them from

their all-consuming vision. And, in a lot of cases, their delusion leads to disaster and disappointment.

The other type of contestant on the show is far more humble. They are the ones who usually perform in a manner that impresses judges and wins the necessary votes to go to the next round. When they sing, you get the sense that they "own" the music. Their words flow with the harmony and sometimes you are mesmerized by their voices and you applaud them for their talents.

It's this latter performer that I associate with a recent experience during our Wednesday Night Family Fellowship and Bible Study on spiritual gifts. Those who are in the class were given a paperback copy of the book entitled "Gifts Of The Spirit," by Dr. Kenneth Cain Kinghorn, a

professor from Asbury Theological Seminary, Wilmore, Ky. I remembered Dr. Kinghorn from my early years in seminary.

Wednesday Night Bible Study is about the Holy Spirit giving spiritual gifts to every Christian. We study about the various gifts in the church and how these gifts are to be used for the edification and the building up of the body of Christ in the church. Much of what we discuss comes from three New Testament books, I Corinthians, Romans and Ephesians. It is the goal in this study for every person in our study group to have a better knowledge of what spiritual gifts are and how they are used in the church today.

While spiritual gifts are not gifts that will make you the next "American Idol," they are gifts that are given so that you will find a place

within God's kingdom where life becomes meaningful and satisfying. This is our way of serving God and our fellow man.

You will never have to worry about being voted out or whether you are good enough for God's use. There is plenty of room in God's Kingdom where the contestants are all good.

What God is looking for are more people who are willing to come to Him so He can say to them, "I am happy you have come here today and no matter what song you sing you will never be turned away."

In Colossians 3:23, 24 it says, "And whatever you do, work at it with all your heart, as working for the Lord, not for men. Since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

"It ... is against Virginia law for a seller to lie about the condition of a used vehicle."

Buying used cars ... the good, the bad, and the ugly

(This is the final installment of a three-part series.)

In my previous columns, I've discussed common financing and trade-in scams that dishonest automobile dealers use to cheat consumers. In this third and final column, I'll discuss the oldest scam of all: the lemon.

Most of the automobiles purchased in the U.S. each year are previously owned. The big attraction, of course, is price and a lot of consumers are able to find some great deals on models they might not be able to afford fresh off the assembly line.

Shopping on a used car lot, however, carries additional risks as well as rewards. One such risk is that you may be sold a piece

Community Spotlight



By Capt. Eric Hanson
Post Judge Advocate Office

of junk – a.k.a. "a lemon."

A client who I'll call "Bob" once came to me with the following problem:

Bob had recently purchased a used car from a dealership. The salesman had stated the car was in

"sound mechanical condition," having been checked over by the dealer's in-house mechanic. To be on the safe side, Bob bought an extended warranty (conveniently offered by the dealership) to cover the cost of unforeseen repairs.

Within a week, the car broke down with a major transmission malfunction. The extended warranty only covered repairs performed by the dealer's own mechanic, so Bob had the car towed back to the dealership. A few days later, the same mechanic who had checked the car out before the sale pronounced the car fixed. However, Bob immediately noticed that the transmission did not work correctly and was dangerous to drive.

The dealership insisted the car was fixed and

refused to pay for work to be done at a different shop. Bob asked for a refund or a new car, and the dealer refused, pointing to the "as is" clause in the purchase contract.

What can the rest of us learn from Bob's misfortune?

Legally, a buyer of a lemon is ordinarily entitled to full reimbursement because of something called the warranty of merchantability. This warranty is implied, meaning it does not have to be written in the contract. It automatically protects the buyer in case the vehicle is not fit for ordinary use. Of course, a dealership would know about the warranty and might attempt to include wording like "as is" or "with all faults" in the contract.

When the buyer signs the bottom line, he or she pretty much gives up their protection under the warranty.

It is also against Virginia law for a seller to lie about the condition of a used vehicle. Any buyer who feels they were misled can sue the dealer and try to get their money back. Lawsuits, however, can be time-consuming, expensive, and may not be worth the hassle. The best thing is to steer clear of the problem in the first place. Most used-car scams can be avoided by remembering these four tips:

1. Make sure all of the dealer's promises about the quality of the car you are buying are included in the written sales contract.

2. Do not give up the
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Casemate

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“Sexual assault is a crime. Sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat, or abuse of authority, when the victim does not or cannot consent. Sexual assault includes rape, nonconsensual sodomy, indecent assault (unwanted, inappropriate sexual conduct or fondling) or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of the victim.”

U.S.ARMY | DOD DEFINITION OF SEXUAL ASSAULT

ASSAULT

Continued from Page 1

and Response was established in October 2004 as the single point of accountability for the department’s sexual assault policy.

“The department is moving forward to make real changes and to make those changes stick,” Chu said. “Sexual assault is a crime, and is not tolerated.”

Gen. Kevin P. Byrnes, TRADOC commander, also stressed the importance of sexual assault education and prevention in an April 2004 memorandum distributed TRADOC-wide.

“Sexual assault is a violation of Army core values and standards,” Byrnes wrote. “Leaders will take an active role in eradicating sexual assault in the Army. The chain of command will provide a safe and secure environment to ensure victims know their concerns are being addressed while protecting the rights of the accused.”

The assurance that all reports of sexual misconduct will be treated seriously, and that victims will receive the treatment they need even when they are reassigned or deployed, is crucial to the success of the SAPR program, Magowan noted. Many crimes go unreported as a result of fear, shame or because the victim was involved in some sort of “collateral misconduct.”

“Most of all, we want Soldiers to understand one simple message ... the Army cares,” Magowan said. “And we want them to know that a strong support network is in place to help them every step of the way.”

The new training will drive home those points through open discussion in a format reminiscent of the Care and Consideration of Others – or CO2 – professional development program that’s been around for years. “We’re talking groups of no more than 20 individuals and a presentation that involves a sharing of ideas rather than a slew of ‘PowerPoint’ slides and technical terms,” Magowan said.

Training group leaders will also provide insights on the various local agencies that would be part of a sexual assault response team or the ensuing investigation.

Immediate contact with a physician, for instance, is imperative for the protection and care of the victim. The chain of command would also take immediate measures to ensure support of the victim while initiating a criminal investigation. Victims will have immediate access to chaplains, legal advisors, medical treatment personnel and local community agencies. And new SAPR guidelines call for the appointment of a “sexual assault response coordinator” who ensures that a victim receives timely access to appropriate services throughout the legal process.

“I’ve been told that Army Community Services at each installation is working to get specially trained personnel assigned by the third quarter of this year,” Magowan noted. “Each battalion level unit will also have a victim advocate, at a grade of E-6 or above, that’s assigned as a collateral duty.”

The Defense Department also wants its uniformed personnel to understand that sexual assaults can also occur among men. According to statistics recently published by the U.S. Department of Justice, males are involved in just over 10 percent of reported cases nationwide. It’s also presumed that statistic is considerably higher given that an estimated 80 percent of rapes and assaults go unreported.

Statistics also show that incidents of sexual assault tend to increase during deployments when men and women maintain close living conditions for extended periods of time. The DoD is combating that trend by incorporating SAPR training into pre-deployment briefings and enforcing the same rules for handling such crimes regardless of location.

“The message will be consistent across the board,” Magowan said. “DoD is committed to

sexual assault prevention. They are ensuring that the systems for reporting, responding, and investigating sexual assault are timely, effective and sensitive to the victim’s needs. And leaders at all levels are committed to making sexual assault within the ranks a thing of the past.”

The SAPR training program has also been supplemented by a new Army Web site: www.sexualassault.army.mil – that clearly explains definitions and terms; response and care guidelines; and prevention measures. During training sessions, Soldiers will also be given a pocket-sized handout that outlines the Army’s crisis support system, response guidelines and victim’s rights.

“I think the uniformity among support systems and standards of care assured by the SAPR program will be a definite plus because it will encourage victims to come forward,” Magowan said.

“And the Army has experienced tremendous success with its equal-opportunity-related programs due to an aggressive training and education program. That’s what we intend to model here and hopefully eliminate incidents of sexual assault altogether.”

Sexual Assault Response and Victim Assistance Contact Numbers

Installation Information:

HHC Commander: Capt. Robin Worch, 788-4112

233rd Military Police Detachment: 788-2238

MPI: 788-4101

MP: 788-2822

Provost Marshal: 788-2200

Military Treatment Facility (MTF)

Appointment Hotline: 1-800-931-9501

Head Nurse: 314-8027

Reception Desk: 314-8023/8024

Chaplain's Office: 788-2611

(Lt. Col. Wilbert Harrison, Maj. Jerald Jacobs)

Fort Monroe Fire Department: 788-2287

Post Judge Advocate Office: 788-3616/2158

Legal Clerk - Barbara Sessek

Assistant Post Judge Advocate - Capt. Eric Hanson

Post Judge Advocate - Maj. Thomas Barrett

Army Community Services (ACS)

Information and Referral: 788-3878

Local Community Information:

Rape Crisis Center:

RAINN 1-800-656-HOPE

Hampton Response Peninsula - 757-825-2591

Norfolk Sexual Assault Support - 757-622-4300

Peninsula Hotline - 245-0041

Emergency: 911

Sexual Assault Fort Monroe: 672-3200

Center for Sexual Assault Survivors: 825-2591

Counseling Support: 825-2591

Virginia Family Violence and Sexual Assault Hotline: 1-800-838-8238

Social Work Services, Treatment of Sexual Assault Victims, Fort Eustis: 314-7910

Additional Emergency POC Numbers:

Clip and Save

CFC expresses thanks for \$1.7 million contribution

r The Fort Monroe garrison commander and a senior NCO from Headquarters Training and Doctrine Command recently accepted awards on behalf of the community for its contribution of more than \$228,000 to the 2004 Combined Federal Campaign.

Col. Perry D. Allmendinger and Master Sgt. Denise A. Stearns were among representatives from 36 separate government agencies honored during a Jan. 21 luncheon at the Point Plaza Conference Center, Newport News.

Peninsula contributions topped \$1.7 million in 2004.



Photo by Patrick Buffett

Lt. Gen. Anthony R. Jones, TRADOC DCG, presents Col. Perry D. Allmendinger, garrison commander, a Combined Federal Campaign award certificate during a Jan. 21 luncheon in Newport News.

SCAMS Continued from Page 2

implied warranty of merchantability if you can help it. However, some dealerships insist on selling older model or high mileage cars “as is.” A legal assistance attorney can look over the contract to make sure you understand the warranties in the contract, and advise you on how to change the contract if necessary.

3. Before you buy a used car, insist the dealer show you the “Carfax” report, which reveals important facts about the history of the vehicle like whether it has been involved in an accident.

4. Be cautious of dealer-offered extended warranty plans. They are often too expensive and offer too little protection. Be sure the extended warranty will cover repairs performed by a wide variety of reputable repair shops. Before you buy a used car, you may want to contact a few automobile warranty companies and find out if you can purchase a comprehensive plan on your own without going through the dealer. It might save you money and cover a wider range of repairs. Several companies can be found in the phone book or on the World Wide Web.

If you are planning to buy a car, or if you have problems with an auto dealership after you close the deal, contact a legal assistance attorney immediately. At Fort Monroe, the Office of the Post Judge Advocate has attorneys available to help you before and after you buy a car. The office is on the second floor of the Post Headquarters, Building 77, next to the Fire Station and across the street from the Fitness Center.

To make an appointment, visit the office between 8:30 a.m. and 4:30 p.m., Monday through Friday, or call 788-3616.

“Every one of you have really made a difference,” said local CFC director Mary Fleck, speaking not only to those assembled but every federal employee who made a donation. “And your generous contributions will continue to make a difference day after day, week after week, month after month, and year after year.”

Lt. Gen. Anthony R. Jones, TRADOC DCG, also spoke at the luncheon on behalf of Gen. Kevin P. Byrnes, TRADOC commander and peninsula chairman for 2004. “Efforts such as this set a great example for our future generations,” Jones said. “It’s about caring for others and teamwork.”

4 X 12
AD

NewsClips

The Monroe Single Parents' Support Group presents "Time Management, What Works" on Feb. 8 from 11:30 a.m. to 1 p.m. at the Soldier and Family Support Center. Call 788-3878 for more information.

Thrift Shop update

Due to decreased sales and other contributing factors, the Fort Monroe Thrift Shop regrettably announces it will not offer scholarships this year. However, a limited amount of welfare funds will be awarded at a later date. Organizations must apply for these funds. More information will be publicized in May.

Thrift Shop dates to remember:

Feb. 11 – Last day to consign winter clothing

Feb. 15 – Spring/summer clothing accepted

March 29 and April 1 – Closed for vacation.

Call 788-2566 for more information.

Care providers needed

On-post family child care givers are needed to provide the following services:

Multi-age care: Children 4 weeks to 12 years.

Back-up providers: In your home or at the child's residence.

Hourly care: Multiple ages.

Infant/toddler home: Children 4 weeks to 3 years.

School-age home: 5 to 12 years.

Special needs home: 4 weeks to 12 years

Advantages for the FCC provider include:

- Establishing a career.
- Remaining home with one's own children while earning an income.
- Business experience.

- Receiving CPR and first aid training.

- Receiving USDA reimbursements for serving nutritious meals.

- Being able to borrow art supplies, equipment and toys from the FCC lending library.

- Receiving a minimum of 24 hours of comprehensive child development training – the requirement for becoming a licensed provider.

Contact the FCC office at 788-2698 for more information.

Operation Child Care

Operation Child Care is a federally-funded hotline run by the National Association of Child Care Resource and Referral Agencies.

The operation links eligible Soldiers with participating child care

agencies to provide family support services.

To read about Operation Child Care, visit www.childcareaware.org.

Mardi Gras lunch

The Casemate Community Connection will host a Mardi Gras and bingo luncheon on Feb. 10 from 11 a.m. to 1 p.m. at the Hampton Radisson Hotel. The cost is \$14.

The luncheon is open to CCC members and their guests. Membership is open to all active duty spouses, retired military and civilians associated with Fort Monroe.

For reservations, call Christy Draper by Feb. 6 at 224-6447. CCC information is also available at www.monroeccc.com.

Fort Monroe tax center opens

The Fort Monroe Tax Center is now open for free tax preparation and e-filing for active duty, retirees and their family members.

The center operates Monday through Thursday from 8:30 a.m. to 4 p.m. and Friday from 8:30 a.m. to 3:30 p.m. It's located on the second floor of Building 77, Post Headquarters.

Assistance is also available from the unit tax advisors listed below. To set up an appointment at the tax center, call 788-3616.

The following individuals have been appointed as UTAs:

- ☐ HHC — Staff Sgt. Angela Cannon, 788-4860
- ☐ Futures Center — Staff Sgt. Carol Harris, 788-4395
- ☐ HQ TRADOC Command Group — Sgt. Raymond Law, 788-4896
- ☐ DCSPIL — Earnestine Deans, 788-5064
- ☐ DSCOPS&T — Sgt. 1st Class Rufas Baker, 788-5713
- ☐ 233d MP — Sgt. Colin Bridges, 788-4289

Group seeks nominees for spouse award

Nominees are being sought for a newly created award that honors one of the hardest working persons in the service — the military spouse.

The award recipient will be chosen from nominees provided by enlisted personnel of all branches of the military and other military spouses in the area. Nomination forms will be posted online and in all of the military newspapers in the region.

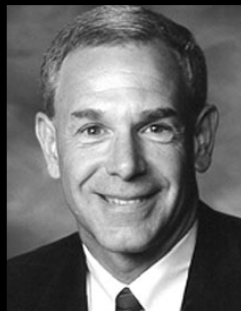
A panel of judges will meet in May to decide the winner.

For more information, contact Tamika Sublet at 222-3965 or Tamika.Sublett@militarynews.com; or Alison Clifford at 222-3964 or Alison.Clifford@militarynews.com.

Spotlight Event

Community Town Hall Meeting

Dr. Patrick Russo, superintendent of Hampton City Public Schools, will be among the presenters at Tuesday's town hall meeting, starting at 6 p.m., at the Post Theater. Leaders from Fort Monroe's major directorates will also be on hand to address issues and answer questions. Free child care is available, but reservations are required by close of business today. Call 788-5960.



2X6

3X7

Employee earns rare ‘flag officer’ rank

A former Army intelligence officer whose past assignments include Southwest Asia and the Balkans, joined the elite ranks of Senior Executive Service government employees Monday during a special ceremony at Fort Monroe’s Morelli Auditorium.

Robert Reuss is now the senior technical advisor for the Deputy Chief of Staff for Intelligence, U.S. Army Training and Doctrine Command. His new grade is equivalent to that of brigadier general.

“The challenge we in the military face today of transforming our Army in the face of an ever-changing strategic landscape — and the fact that we are at war — is truly high adventure for me,” Reuss said of his new position.

One “especially critical task” he said he’ll focus on is ensuring that today’s Army, as well as the future force, exploits every opportunity to

truly “see first and understand first,” and that the future force is fully enabled through superior knowledge across the battlefield.

“I have been very fortunate to have been assigned jobs where I was part of a high-performing team, led by dynamic leaders who provided vision and direction while letting the team accomplish the mission,” Reuss said, speaking to the success he has achieved.

He also credited his family and his wife, Pam, who participated in the ceremony in which Reuss received his SES pin and staff officer flag.

Reuss joined the Army in 1969. He is a graduate of the Military Intelligence Officer Basic and Advance Courses, the Command and General Staff College and the Army War College. He has commanded units up to brigade level, and served in both Joint Theater and NATO Combined positions. He retired at the rank of colonel in 1999.



Robert Reuss receives his Senior Executive Service pin from his wife, Pam, during a promotion ceremony here Monday.

2X2
AD

2X5
AD

4X10
AD

Post prayer breakfast features top chaplain

Maj. Gen. David Hicks, U.S. Army Chief of Chaplains, will be the featured speaker for Fort Monroe’s National Prayer Breakfast observance starting at 6:30 a.m., Feb. 15, at the Community Activities Center.

Tickets for the observance are available now from senior NCOs. The event is free to E-5s and below, but a ticket is still required. All other ranks and civilians who wish to attend are asked to donate \$5.

Lasting through 8 a.m., the program will also include remarks by Gen. Kevin P. Byrnes, TRADOC commander, and music by The U.S. Army Continental Band’s woodwind ensemble, among other highlights.

Dealing With Death

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making a free appointment with the post legal office. One needs only to have a clear plan of attack, as it were, before sitting down with an attorney, Barrett noted.

Among the things you should know before you show up for your appointment are the value and location of assets (you might want to create an itemized list of high-dollar items with estimated cost ahead of time); to whom parents will grant custody of their minor children; who will serve as your personal representative, estate administrator or executor; current phone numbers and street addresses for relatives not living with you; and special wishes for funeral services and so forth.

“It’s true, there’s a lot to consider,” Barrett said. “But most folks experience a sense of comfort when it’s all said and done.”

Estate planning through the Post Judge Advocate’s office ordinarily requires two appointments. The first meeting is to discuss particulars about the client’s assets and family matters. It’s also the perfect opportunity to ask any legal questions about your estate and what the courts will do after your passing.

The second visit is usually scheduled a week or two later. At that time, the document that’s to become your Last Will and Testament will have been prepared for “execution” ... gulp ... Your legal assistance advisor will ask you to review the document for accuracy. “Read every entry,” Barrett cautioned. “This is one document where you don’t want mistakes like an incorrect or misspelled name.”

The will becomes official when its owner attests to its accuracy in front of witnesses.

“The successful execution of a will is the most important part of estate planning,” Barrett said. “But there’s a surprising number of people who never take that step.”

More than 70 percent of American adults do not have a will, according to a recent poll. If a person dies in testate (without a will), the state determines how the deceased individual’s assets are distributed. The courts will determine who is awarded legal guardianship of minor children if both parents die.

“There may also be some who don’t believe they have sufficient assets to justify having a will,” Barrett noted. “However, most Soldiers have \$250,000 of Servicemen’s Group Life Insurance payable upon their death and many of their spouses who are working have life insurance plans often offered by their employers.

“Plans should be made for that money so it’s distributed according to your wishes either through the beneficiary assignment section of the policy or through special non-probate directives created by your will or estate plan.”

“Interestingly enough,” the major added, large

“It’s true, there’s a lot to consider. But most folks experience a sense of comfort when it’s all said and done.”

Maj. Thomas Barrett
POST JUDGE ADVOCATE

cash payments from SGLI or other high-dollar insurance plans can be directed toward a “testamentary trust” — created by a properly executed will — instead of being paid to a specific beneficiary.

“(The trust) does not come to life until the service member dies and the will is probated,” he said. “A big advantage is that money is not considered an asset of the estate so creditors can’t get at it. A good thing to do is set up a trust for the children ... for their education. It’s a simple thing to do and our legal assistance team will typically recommend that when folks come in for estate planning.”

Another important decision is how you would like to leave this world, the post judge advocate noted. “Frankly, a funeral can cost as much as \$10,000, which is a significant amount of money for some families. This is precisely why it’s best to plan ahead.

“There are some death benefits (for military veterans) that can be provided by the U.S. government, such as a burial detail or even possible burial in a national cemetery,” Barrett said. “One of the best things that individuals can do is have a separate letter of intent saying: ‘this is how I would like my funeral to go – I would like to be cremated ... I would like to be buried here ... I would like a full military service. These are the things individuals need to sit down and discuss.’”

Creating what’s known as a living will or a

Numerous important personal documents are involved in estate planning and/or handling a deceased individual’s affairs. It is a good idea to have these papers organized, accessible and securely stored in fireproof boxes or durable home safes that can withstand fire, flood or other acts of nature. These critical documents should not be kept in a desk drawer. Keys and/or combinations to safes should be made available to trusted individuals. Safe-deposit boxes are also a good idea for storage and one should let trusted individuals know where these documents are located.

Important household documents include:

– Birth certificate	– Employer stock option plans
– Marriage license	– Stock and bond certificates
– Wills, living wills	– Mortgage payment records
– Powers of attorney	– Deed to home or lease agreement
– Death certificate	– Other property deeds
– Insurance policies (life, home, etc.)	– Receipts for major purchases
– Social Security records	– Warranties
– Safe-deposit box information	– Trust agreements
– Tax returns	– Mutual fund account statements
– Car titles, registration, loan information	– Business partnership agreements
– Bank account statements	– Pre- or post-nuptial documents
– Credit card account statements	– Pay stubs along with beneficiary designations
– Retirement accounts (IRAs, Yolk pension, etc.)	

The person service members designate as administrator of their will should have an original certified copy of the will. Insurance companies and other entities that offer death benefits will only accept the original will as valid. “By no means, should you ever travel with your will. If the plane you’re on goes down and that will is sitting in your pocket, it goes down with you and you die in testate. And it’s all for naught,” cautions Post Judge Advocate Maj. Thomas Barrett.

health care proxy is also an important step of the estate-planning process, the major said. As any loyal fan of “ER” or the new FOX hospital drama “House” could probably tell you, those are the documents that specify what types of “extraordinary” measures one would want and not want to maintain their life.

“Advanced health care directives (or living wills) address things like: do I want to be resuscitated?; do I want to have a feeding tube?; and who gets to make the decision as to whether to pull to plug?” Barrett said ... double gulp.

Giving a highly trusted significant other in your life the ability to carry on your financial and business matters if you become seriously incapacitated is another important piece of estate planning. Your legal team can help you create a document called a “durable power of attorney.”

“Most powers of attorney are only as good as the person who gives them,” Barrett explained. “If that person becomes incompetent, the power of attorney is incompetent. Whereas a ‘durable’ power of attorney specifically states that, ‘in the event the person granting the POA becomes incapacitated, the person receiving the ‘durable’ POA retains power of attorney.’”

In planning their estates, Soldiers should also consider the various taxes that will affect their future survivors. The current federal death tax starts at 37 percent and can climb to 55 percent. Some states, like Virginia, have done away with an inheritance tax, but there are others who will expect a cut of the money as well. A little research and prior planning could pay off.

So, what do you do once you’ve gathered all the necessary legal documents — including your

See DEALING WITH DEATH, Page 16

‘A Release at the Falls’

Fort Monroe hosted an African-American/Black History Month celebration of the performing arts Thursday that highlighted the talents of local artists.



Sgt. Tiffany Stephens, left, Assessions Command, and Andrea Berry, Cadet Command, discuss the Niagara Movement's charter as concerned women of the early 20th century.



Photo left: Michael Booker of the Fort Lee Army Health Clinic warms up on a bass guitar prior to Thursday's celebration. Above: Members of the United Voices of Fort Lee console a "discouraged" man while singing a medley of Gospel tunes.

Photos by Patricia Radcliffe

At age 13, a local resident challenged the law on public vehicle seating – even before Rosa Parks. This retired lawyer is coming to Fort Monroe Feb. 24 to discuss ...

‘An Enhanced Mindset’

BY WAYNE KANOY
FORT MONROE PUBLIC AFFAIRS

A Hampton resident who defied the law at 13 by where he sat on a Richmond streetcar – 11 years before Rosa Parks refused to give up her bus seat to a white man in Montgomery, Ala. – will be the featured speaker at Fort Monroe's final African-American/Black History Month event in February. Al Smith, a retired civil rights attorney, will present a lecture titled "An Enhanced Mind-Set" at the observance starting at 1:30 p.m., Feb. 24, at the Post Theater.

founded by African-Americans to fight racial discrimination in the United States in the early 20th century, and relate experiences of minorities during that period. The Niagara Movement was the forerunner of the National Association for the Advancement of Colored People. Smith's defiance of the law on a Richmond streetcar in the 1940s was a self-imposed test for the 13-year-old. Could segregation work without blacks participating, he thought?



Al Smith

Coming home from school one day, he sat behind the streetcar driver rather than with other blacks who were expected to be at the rear of the car. White passengers complained, and Williams was arrested and charged with disorderly conduct and refusing to move. At his trial a white woman who was a witness for the prosecution failed to appear and, as a result, the judge terminated the hearing. Smith was free but still

restricted to sitting in the back on streetcars. As a civil rights lawyer, court proceedings have been a way for Smith to defy inequality and test the fairness of how the law of the land applies to all Americans. "Never become bitter in your pursuit of justice," Smith said. It must be a constructive process – not destructive. Always react positively." Smith served four years in the Air Force, graduated from Howard University Law School in Washington D.C., and returned to Hampton to fight for civil rights. He retired from practicing law in 1995.

Alumni share experiences with youth

Fort Monroe will provide an opportunity for high school and junior college students and other interested parties to get together and interact with alumni from several institutions of higher learning. Included will be representatives from military service schools. This event will take place from 6 to 9 p.m., Feb. 17, at the Community Activities Center. For more information, call 788-2373.



MWR/Firefighter players upset HHC



BY JON PEARLMAN
CONTRIBUTING SPORTS WRITER

Fort Monroe’s MWR/Fire squad doused HHC’s flames 42-30 during intramural basketball Jan. 27 at the Community Activities Center.

MWR/Fire came on strong from the start with a tough defense that shocked undefeated HHC. The team was restricted to ineffective long-range shots, sinking only 1 of 11 from three-point range in the first half.

MWR/Fire grabbed the defensive rebounds and rifled long-range passes to point guard Rob Resto. Resto would streak down the court for an easy two or layup.

MWR/Fire jumped out to quick 15-6 lead that included an 8-minute drought with no field goals from HHC.

With five minutes remaining in the first half, HHC put on a full court press and trap lead to no avail. MWR/Fire went to half time

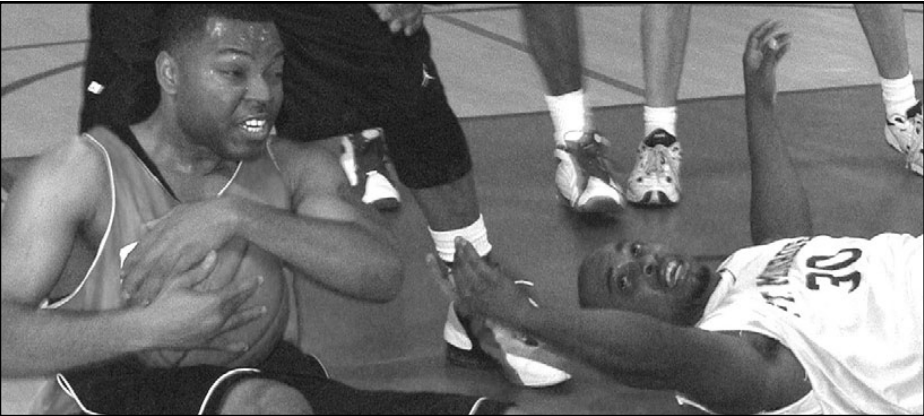
with a 27-18 lead.

In the second half, both sides played strong defense. Banks hit three for HHC while MWR/Fire’s Dewayne Lyttle hit a long three from downtown. MWR/Fire also got an easy two on the give and go from Randall Gaskins to Lyttle.

HHC continued with their full court press for the entire half, forcing turnovers and keeping it close. Every time they got within reach, MWR/Fire Gaskins’ “Shaq-like” presence in the paint and Resto’s drives to the hoop held off the charge. Gaskins also held his ground and took a hard charge on a key play late in the game.

Lyttle was high scorer for MWR/Fire with 10 points and HHC’s Fernandez finished with 8 points.

HHC slips to 3-1 while MWR goes to 2-2. Intramural play continues next week with back-to-back games on Feb. 8 and 10.



Photos by Patricia Radcliffe

Photo left: MWR/Fire’s Robert Resto makes a serious attempt to elude the opposition during an intramural game on Jan. 27. Photo above: HHC’s Lathanial Johnson clings to the b-ball while MWR/Fire’s Randall Gaskins takes a breather before handing HHC their first defeat with a final score of 42-30.

Sports Roundup

Men’s softball – Men’s softball practice begins at Derussey Field on Feb. 14 at 6 p.m. Call Paul Davis at 329-2428 for more information.

Softball coach needed – The post women’s softball team needs a coach. If interested in the position, contact the sports office at 788-2783.

Intramural volleyball – A volleyball coach’s meeting will be held on Feb. 23 at 10 a.m. in the sports office, upstairs in the Fitness Center. The season will run from March to May and teams will play on Tuesdays and Thursdays from 11:30 a.m. to 12:15 p.m. For more information call 788-2783.

Buns on the Run 5K – This walk/run will be held Feb. 14 at noon. The first 50 participants will receive a free T-shirt. Other ‘Lighten up! Tighten Up!’ prizes will be given.

Lifeguard classes begin in February — American Red Cross Lifeguard, first aid and CPR for the professional rescuer are included in the certification class to be held on Feb. 13, 20, 27 and March 6. Class time is 8 a.m. to 6 p.m. For more information, or to register, call the indoor pool at 788-3301.

‘King of Pins’ offers prizes, free bowling — Each Saturday, from Feb. 5 through the end of April, military members bowl free from 7 to 8 p.m. Those who rent a lane after 8 p.m. are eligible for the “King of Pins” prize giveaway. Whenever a Budweiser pin pops up on a scoring screen, that bowler is eligible for a prize. Contact the bowling center at 788-2939 for more information.

Lincoln Penny swim – Fort Monroe MWR is hosting a Lincoln Penny Swim Feb. 12 from 1 to 2 p.m. at the Community Activities Center indoor pool. Tickets are \$1. In preparation for the event, organizers will place \$40 in pennies and \$10 in gold dollars in the pool. Two pennies will be painted gold and can be redeemed for summer family pool passes — a prize valued at \$150. For more information, call 788-3301.

Super Bowl party at Bowling Center

The Fort Monroe Bowling Center will have its six big-screen televisions tuned in to the Super Bowl Feb. 6 starting around 4 p.m. There will be food, drinks and door prizes. Call 788-2939 for more information.

Youth soccer

Registration for youth soccer ends Feb. 18 for kids ages 3 to 15. Participants must be Child and Youth Services members. A current physical is also needed prior to the start of practice. Cost is \$35 for the first player and \$28 for each additional sibling. Call Mike Jones at 788-3957 for more information.

National VA games come to post

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

The Fort Monroe Bowling Center has been selected as a venue for a portion of the 20th National Veterans Golden Age Games to be held in May 2006.

“I’m excited because it’s a veterans event and we are the only military facility in the area that can handle the games,” center manager Chip Wiken said.

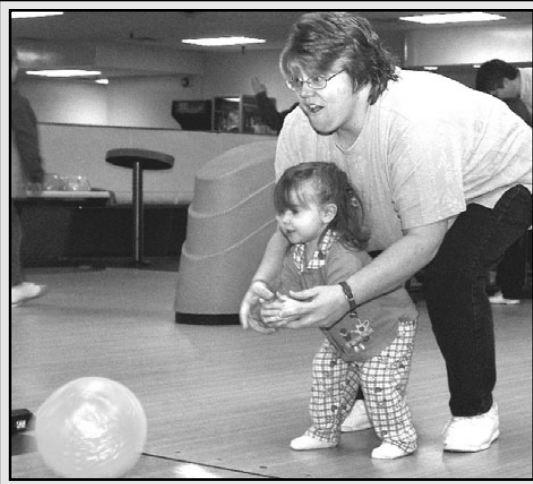
From 1,500 to 2,500 veterans, age 55 and older, who receive health care from VA medical facilities are expected to con-

verge on Hampton, the host city of games.

Wiken said the recent renovations to the Bowling Center helped ensure its selection as a site. Its one-level design makes it “very much conducive to adaptive bowling.”

“We can make adaptations for bowlers in wheel chairs or with other mobility problems, or those who are blind,” Wiken said.

During the games, Wiken anticipates two days of play with 150 to 200 bowlers competing on the center’s 12 lanes.



Big enough to bowl

Tracie Wilkins and Kylie, 2, go for a strike at the Bowling Center Jan. 31.

Photo by Patricia Radcliffe

NEWS CLIPS

Continued from Page 5

Toastmasters meet

Be a Toastmaster ‘sweetheart’ at our February 7th and 28th meetings in Building 10, second floor ACA conference room at 11:40 a.m.

Guests at the Future Leaders and Thinkers Toastmasters Club will experience structured, progressive, self-paced programs to improve communication and leadership skills.

For more information, contact Janet Geisler at 788-2407 or Donna Satisfield at 788-3864.

Urban League seeks award nominees

The Urban League of Hampton Roads, Inc. seeks nominations for the 15th Annual Whitney M. Young Awards. The awards recognize area citizens, businesses and institutions that have significantly contributed to the Hampton Roads community.

Awards will be presented during the annual dinner on April 21. Nomination forms are available through the Urban League of Hampton Roads, located at 840 Church Street, Suite I, Norfolk, VA 23510. They can also be faxed to nominators upon request.

For more information, contact Lessie Bowser-Wharton at 627-0864. The application deadline is Feb. 18.

Cox 11 debuts CMAP

Cox 11 has debuted a new program dealing exclusively with local military affairs. The new program

titled ‘CMAP’ — Cox Military Affairs Program — is 30 minutes long and features a different service branch in Hampton Roads each month.

Thom Prevette, vice president, government and public affairs at Cox Communications, Hampton Roads, hosts the program. CMAP will feature interviews with senior military leaders, profiles of local military units and local news of interest to the military community and Hampton Roads in general. A segment of each program will be presented by Hampton Roads uniformed military personnel, presenting local, state and national military news.

CMAP was developed to appeal to more than just a military audience, according to its producers. Those in the military will be able to keep up with the latest news in their community by watching this program. However, others in Hampton Roads will have an opportunity to learn about their military neighbors by watching the program.

An advisory committee of military public affairs officers meets quarterly to assist in selecting the subject for each month’s program and provide Cox with news and information.

Dean Stevens, a long-time Cox 11 producer/director and son of a 27- year Navy veteran, produces the program.

Said Stevens, “CMAP is a great opportunity for Cox to reach out to

the military who are a large portion of our customer base. I am pleased to be a part of this outreach.”

CMAP will air on Cox 11 at the following times: Monday, Wednesday and Friday at 5:30 p.m., Tuesday and Thursday at 9:30 a.m. and 9:30 p.m., Saturday at 10 p.m. and Sunday at 2:30 p.m. The topic for February is the United States Navy Naval Safety Center.

Discovery special features USS Reagan

A new Discovery Channel documentary will take viewers aboard the USS Ronald Reagan to highlight the mammoth, nuclear-powered warship’s cutting-edge technology, expert crew and impressive flight operations.

The one-hour special “Carrier: Arsenal of the Sea” premieres Feb. 13 at 9 p.m.

This documentary journeys with the crew of 6,000 on this crown jewel of the United States Navy as the aircraft carrier travels 20,000 miles from Norfolk, Va. - where it was Christened – to its homeport of San Diego, Calif.

During their eight-week voyage, the program documents how a fresh crew hones their skills and comes together as a functioning team in this floating metropolis.

Commissioned July 12, 2003, the carrier — which is nearly as long as

the Empire State Building is tall — is expected to serve the Navy for 50 years. It can run at 30 knots and go 20 years without refueling.

Scholarship contest

The Newsome House Museum and Cultural Center is sponsoring an essay scholarship contest for high school seniors.

The essay topic is what the following quote by Frederick Douglass means to you: “If there is no struggle, there is no progress.”

The contest is open to students attending Bethel, Denbigh, Hampton, Hampton Christian, Hampton Roads Academy, Heritage, Kecoughtan, Menchville, Peninsula Catholic, Phoebus, Warwick and Woodside High Schools.

Two copies of each typewritten, double-spaced essay (750 words minimum) should be submitted with a cover sheet listing the student’s name, address, home phone number, e-mail address, school and English teacher’s name. Essays must be received by March 15.

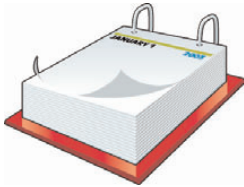
Prizes are \$500 for first place, \$300 for second place and \$100 for third place. Winners will be announced at The Newsome House on April 15 at 7:30 p.m. by author Nikki Giovanni.

For more information, call 247-2360 or 247-2380 or visit www.newsomehouse.org.

MoatNotes

UPCOMING SPOTLIGHT EVENTS

Town Hall Meeting Feb. 8
Newcomers Orientation Feb. 10
Lincoln Penny Swim Feb. 10
Buns on the Run Feb. 14
National Prayer Breakfast Feb. 15
Clean Sweep Walk Feb. 15
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



Feb. 4

Nelson's greatest

Join author Colin White this evening at 7:00 at the Mariner's Museum, Newport News, for an adventure through Nelson's four greatest battles - Cape St. Vincent (1797), the Nile (1798), Copenhagen (1801), and Trafalgar (1805).

This lecture highlights the latest research, from both British and foreign historians, that has strikingly altered our view of each battle and provides a new and exciting narrative of each one.

The event is free to members and \$8 for non-members. For reservations or more information, call 596-2222.

Yoder concert

From their many appearances on NPR's "A Prairie Home Companion" to the stage show at "The Grand Ole Opry," Robin and Linda Williams have earned considerable notoriety among folk and bluegrass audiences.

Now Hampton Roads area music lovers can enjoy their classic brand of country during a special 8 p.m. performance tonight at the Yoder Barn Heritage Theater, Newport News.

Tickets are \$20 for adults, \$18.50 for seniors and \$15 for students with ID. For more information, or to make reservations call 249-4187.

Feb. 5

Western Wind

The American Theatre, Phoebus, presents a joyous tapestry of love songs performed by The Western Wind, Saturday at 8 p.m.

The group is one of America's most renowned vocal ensembles and weaves together music from the Renaissance, early and contemporary American music, pop and jazz — all in a fascinating exploration of the many facets of love.

Tickets are \$25 or \$30, depending on location. Discounts are available for seniors, students and military.

For more information, call 722-2787.

History alive

A living historian portraying Frederick Douglass and William Lloyd Garrison will orate on the cause of abolitionism at 2 p.m., Saturday at the Newsome House Museum & Cultural Center.

Douglass (c. 1818-1895), a former slave, was the most prominent African-American of his time and one of the most influential lecturers

Bending over backward



Photo by Patricia Radcliffe

Imari Ramirez, 9, demonstrates her flexibility during a Jan. 24 gymnastics class at the Community Activities Center. Parents who would like to sign their children up for the class can call 788-3957 for more information.

and authors in American history. William Lloyd Garrison (1805-1879) made a name for himself as one of the most articulate, as well as the most radical, opponents of slavery.

The public is invited and a \$2 donation is suggested.

For more information or directions, visit www.newsomeshouse.org or call 247-2360.

One in a million

Make history by being the one-millionth fan to enter the Ted Constant Convocation Center, ODU, Norfolk, this month.

Tipping off Saturday at 7 p.m. is "AND 1 Streetball Live," a unique brand of basketball with an exciting roster of athletes.

Other events on the Constant Center's February schedule include:

* ODU Men's and Women's basketball games through Feb. 27

* Southern Smoke Tour featuring Trick Daddy, T.I. and Lil Wayne, Feb. 11 at 7p.m.

* Larry the Cable Guy, Feb. 20 at 7:30 p.m.

* Taste of Chaos Tour featuring The Used, My Chemical Romance, Killswitch Engage, Senses Fail and Underoath, Feb. 22 at 7 p.m.

* Winter Jam 2005 featuring NewSong, tobyMac, Tait, and Rachael Lampa,

Michael West and Chaos on Wheel, Feb. 26 at 6 p.m.

Tickets are available online at www.ticketmaster.com or can be charged by phone at 671-8100.

'Freedom Won'

The role of African-Americans during the Civil War will be the subject of a special presentation Saturday at Endview Plantation, Newport News.

This living history program titled "Freedom Won: African-Americans in the Civil War," will feature costumed interpreters who will portray civilians and members of a community group known as the "U.S. Colored Troops." Guided tours of the historic plantation house will also be conducted.

The program is included as part

of Endview's regular daily admission, which is \$6 for adults, \$5 for seniors and \$4 for children ages 7 to 18. The hours are 10 a.m. to 4 p.m. Tours are conducted every 30 minutes.

Endview Plantation is located just off I-64 Exit 247. For more information, call 887-1862.

Flea market

Antiques, jewelry, sports cards, framed pictures and furniture are just some of the items that will be up for sale during the Olde Towne Portsmouth Flea Market Saturday from 10 a.m. to 2 p.m., in the Middle Street Parking Garage.

Nearly 100 vendors from the Hampton Roads area typically participate in the event, which is free and open to the public. Free parking is also available along the street or on the upper floor of the parking garage.

For more information, call 399-0201.

Tuskegee Airmen

Members of the now famous Tuskegee Airmen — the first African-American fighter and support squadrons that flew during World War II — will be on hand Saturday from noon to 4 p.m. at the Virginia War Museum to greet guests and share their memories.

From 1 to 3 p.m., the movie "The Tuskegee Airmen" will be shown in the museum theater.

Regular admission is \$6 for adults and active duty military, \$5 for seniors and \$4 for children (7-18). The museum is located at 9285 Warwick Blvd., Newport News. For more information, call 247-8523.

AT THE MOVIES

Showing at the Fort Eustis Theater

Friday, Feb. 4

7 p.m. — Meet The Fockers (PG-13)

Saturday, Feb. 5

2 p.m. — Meet The Fockers (PG-13)

7 p.m. — The Life Aquatic (R)

Wednesday and Thursday, Feb. 9 and 10

7 p.m. — The Life Aquatic (R)

Friday, Feb. 11

7 p.m. — Fat Albert (PG)

Saturday, Feb. 12

2 p.m. — Fat Albert (PG)

7 p.m. — White Noise (PG-13)

Sunday, Feb. 13

Free showing!

7 p.m. — Constantine (R)

*The Langley Air Force Base movie theater is closed for renovations.

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.

Mike Seeger

The “homemade” music of six-time Grammy nominee Mike Seeger will be featured during a Saturday concert at the Williamsburg Library Theatre starting at 7:30 p.m.

Seeger’s “Music from the True Vine” grows out of hundreds of years of British traditions, blended with equally ancient African styles, to produce songs and sounds that are unique to the audiences across the U.S. In addition to singing the old songs, Seeger plays an orchestra of instruments to include the banjo, fiddle, guitar, mouth harp, lap dulcimer and mandolin.

Tickets for the concert are \$13 for adults, \$10 for students with ID, and \$7 for those under 16. For more information, or to reserve seats, call 259-4070.

Chinese New Year

Visitors young and old can make a kite, don colorful costumes and see a traditional lion dance during the Chinese New Year celebration Saturday at the Children’s Museum of Virginia, located in Olde Towne Portsmouth.

Celebrating their Chinese heritage, numerous members of the local community participate in this event, adding to its excitement and authenticity. Guests can also design a dragon, learn to write their name with Chinese calligraphy and learn the Asian art of paper cutting.

The celebration runs from 10 a.m. to 4 p.m. Regular admission to the Children’s Museum is \$6, however, a discount coupon worth \$2 toward the New Year’s celebration can be found at www.childrensmuseumva.com. For more information, call 393-5258.

A stellar show

Celebrate Black History Month at the Virginia Living Museum as it presents its “Follow the Drinking Gourd Planetarium Show” each Saturday and Sunday at 1:30 p.m., beginning Feb. 5. The popular show chronicles the Underground Railroad and reveals how the stars of the northern sky led slaves to freedom.

Tickets are \$3 per person. For more information, visit www.valivingmuseum.org or call 595-1900.

Feb. 6

‘For Goodness Snakes’

Sandy Bottom Nature Park, Newport News, is offering an ideal program Sunday for those who view snakes as a source of fascination ... or even those who may find them repulsive.

“For Goodness Snakes” will explore many facts about our reptilian neighbors, and explain why they are creatures to be welcomed, not feared. Guests will also learn which snakes at the park are ven-

omous or non-venomous. And for the stouthearted, there will be an opportunity to touch some snakes and observe them up close.

The program will begin at 1:30 p.m. There is a fee of \$2, and pre-registration is recommended. For more information, call 825-4657.

Feb. 8

New Shanghai Circus

The New Shanghai Circus brings its acclaimed Broadway tour to the Ferguson Center for the Performing Arts — Christopher Newport University, Newport News — Tuesday at 7 p.m.

This talented troupe amazes audiences of all ages with its beautifully orchestrated presentation of Chinese circus acts dating to harvest festivals of 2,000 years ago. Fabulous choreography, dramatic lighting, enchanting scenery and powerful music enhance this modern day performance.

Tickets are \$25 for adults and \$15 for children. For more information, visit www.cnu.edu/ferguson-center or call 594-8752.

Feb. 9

Jekyll and Hyde

The Williamsburg Regional Library’s Celtic Film Series will present “Dr. Jekyll and Mr. Hyde,” Wednesday at 7 p.m. in the library theatre.

This classic tale, based a story by Robert Louis Stevenson, examines the conflict between good and evil. It was first brought to the screen in talking form in 1931. Fredric March won an Oscar for his dual role in this film, which was also an award winner at the Venice Film Festival.

The showing is free and reservations are not required. For more information about the Celtic Film Series, call 259-4070 or visit the library’s Web site at www.wrl.org.

Spotlight Event

Ash Wednesday Services - Feb. 9

Chapel of the Centurion

Protestant services — noon

Episcopal services — 6 p.m.

St. Mary Star of the Sea

Catholic Mass — 12:05 p.m. and 6:30 p.m.

Feb. 10

Classic couples

This month, the Williamsburg Regional Library Theatre’s Thursday Afternoon Film Series will celebrate Valentine’s Day by showing movies that feature classic couples of the silver screen. All shows begin at 2 p.m.

“The Thin Man,” a 1934 comedy-suspense, plays Feb.10. It stars William Powell and Myrna Loy as Nick and Nora Charles who investigate the case of a missing scientist. It’s based on the author of the novel “The Thin Man,” Dashiell Hammett, and his long-time love Lillian Hellman.

On Feb. 17 it’s “Swing Time,” starring Fred Astaire and Ginger Rogers. The plot involves Astaire as a hoofer with a gambling problem who is trying to earn money to impress his prospective father-in-law.

“Rose Marie,” the final film in the series, shows Feb. 24. This 1936 drama stars Jeanette MacDonald and Nelson Eddy.

All movies are free and reservations are not needed. For more information, call 259-4050.

Feb. 11

Fashion first

Timeless Fashion Modeling Club will have its first citywide show at the Hampton History Museum, 120 Old Hampton Lane, Feb. 11 at 7 p.m.

The cost to attend is \$5, which includes heavy hors d’oeuvres. Tickets must be purchased in advance.

For more information, call Susan Elswick at 727-1978.

Star trekking

Sandy Bottom Nature Park, Newport News, invites parents and youngsters age 8 and over to go stargazing Feb. 11 from 5:30 to 7:30 p.m.

A park ranger and a local amateur astronomer will lead a guided tour of the night sky at the two-story observation tower on Old Crystal Trail near the Wetland Mitigation Site.

At least one telescope will be provided. Guests are asked to bring a flashlight, insect repellent if necessary and drinking water.

The cost is \$3 and registration is required one day before the program. For more information, call 825-4657.

Feb. 12

Jewelry show

The Newsome House Museum & Cultural Center will host a jewelry show Feb. 12 from 1 to 4 p.m.

Handmade creations by artists Horace Swan and Ronald Jones, plus the latest styles from vendor Tracy Norcutt Eley, will be among featured items. African Traders items will also be displayed.

Admission is free, but a \$2 donation is suggested. For details, call 247-2308.



Photo by Patricia Radcliffe

‘Learning’ arm of the law

Hampton Police officer Kim Yorn and Emmanuel Lopez, 11, role-play a bullying situation to show youth of the School Aged Services Program here how a simple act of aggression often escalates into an actual physical assault. Visits by law enforcement officials, who also discuss issues like drug and alcohol abuse and gangs, are a regular part of the youth services program.

ACS Corner

The Soldier and Family Support center is forming an Exceptional Family Member Support Group for families. If interested in joining, call 788-3878.

Volunteer info

All volunteers on Fort Monroe need to be registered with the installation volunteer coordinator, Marie Hinton, to be recognized during a reception on April 20 at the Bay Breeze Community Center. Volunteer hours for January through December 2004 are due to Hinton by Feb. 15. The reception is by invitation only, so volunteers' names and hours must be submitted by the deadline.

Names of Soldiers who volunteer on or off post should be submitted also so their contributions to the community can be recognized.

For information on how to register volunteers, contact Hinton at 788-4344 or at hintonm@monroe.army.mil.

ACS Single Parent Support Group

The Soldier and Family Support Center's Single Parent Support Group meets on the second Tuesday of each month from 11:30 a.m.-12:30 p.m. at the Quarters 1, inside the moat. Call 788-3878 to register for this group.

Toddler Time

The Soldier and Family Support Center sponsors a Toddler Time play group that meets on Mondays (except holidays) from 9:30-10:30 a.m. in the gym of the Community Activities Center. All children under the age of six are welcome.

Tents, tunnels, balls, pull toys and other fun things are available for the children. On the first Monday of each month, a play group

also meets at the indoor pool from 10 to 11 a.m. Bring a bathing suit (and swim diapers for those who are not completely potty trained). A lifeguard will be on duty; however, parents are responsible for their children in the pool.

Toddler Time is designed to help children develop better social skills by providing unstructured playtime. It can lead to new friendships for the participating children and their parents.

Toddler Time is open to active duty service members, family members, DA civilians and retirees. To register or obtain additional information, contact Kathleen Miller at 788-3878.

Anger Management classes each Monday

ACS sponsors ongoing Anger Management classes. These classes are held at ACS, Quarters 1, and run continuously on Mondays from 11:30 a.m. to 1 p.m. Call Allen Reed at 314-7910 or Kathleen Miller at 788-3878 to register. All persons are required to attend eight sessions to receive a letter of completion.

Newcomers Briefing

ACS offers a Newcomers Briefing the second Thursday of every month. A short overview of services available on post and in the surrounding community are discussed.

Briefings are also given by the post commander, post CSM, school liaison officer, post chaplain, and an EEO representative. A tour of the

Casemate Museum is also given. The next briefing will be held on Feb. 10, from 8:30 to 11 a.m., at ACS, Quarters 1. Call Marie Hinton at 788-4344 or Kathleen Miller at 788-3878 to register.

Army Family Team Building Wednesdays

Army Family Team Building classes are held every Wednesday in the Soldier and Family Support Center, Quarters 1, from noon to 1 p.m. Classes are free and open to everyone. Supplies are provided, so bring your sack lunch and join us.

Call 788-3878 to register. The class schedule is as follows:

Feb. 9, Motivating Factors – The discussion includes various factors that effect individuals. Exercises are based on Maslow's Hierarchy of Needs.

Feb. 16, Communication Skills – Instruction is on the types, ways and principles of effective communication.

Feb. 23, Adapting to Change – Learn to use change as a positive force to become a change master instead of a change victim.

Mar. 2, Problem Solving Techniques for Leaders – Learn and apply group problem solving techniques through class discussion and exercises.

Mar. 9, Time Management – Learn methods of personal and professional time management skills.

AFAP issues requested

Fort Monroe's Army Family Action Plan Forum will be held May 24-25 in the Soldier and Family

Support Center. This forum addresses quality-of-life issues and provides feedback to Army leadership on how programs and services can be improved to meet the needs of military personnel, their families and DA civilians.

Issues are being accepted now for the forum. Persons submitting issues should provide the title of the issue, the scope - which defines the problem - and recommendations for resolving it.

Submissions should be sent by e-mail to Beverly Nicholson, program coordinator, at beverly.a.nicholson@us.army.mil or by mail to Soldier and Family Support Center, 151 Bernard Road, Fort Monroe, VA 23651.

Copies of last year's issues and their resolutions can be obtained by contacting Nicholson via e-mail or phone at 788-4132.

Facilitators, recorders needed for AFAP

Facilitators, recorders and admin people are needed for the AFAP forum in May.

Facilitators direct group activities, discussions and task accomplishment and ensure all group members participate.

Recorders capture the basic ideas of a group on paper and ensure information is adequate. Several free training sessions will be held and refreshments will be provided. Indicate if child care is needed.

To register, or for more information, contact Beverly Nicholson at 788-4132 or via e-mail at beverly.a.nicholson@us.army.mil.

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will — and have them safely stashed away in a fireproof box in your home or in a safe-deposit box in a bank? Out of sight, out of mind, right?

Not so fast ... there's a least one more important factor you might want to consider.

What happens when your surviving spouse or loved ones actually get that dreadful knock on the door, and the visiting officer utters those somber words, "I regret to inform you ... ?" How does one put the estate plan into action?

"The first step is to notify your insurance company (or companies if there's more than one) to inform them of the death," Barrett advised. "That is why it is important to have insurance documents in a safe place so that someone can refer to them for all the important information — telephone numbers, addresses, etc."

The insurance company, in turn, will send a claims package. The surviving spouse needs to fill out that package and include certified copies of the death certificate upon sending it back to the insurer.

"Most funeral homes will include up to three or four certified death certificates as part of the funeral package," Barrett said. "I recommend that the surviving spouse contact the people who issued the death certificate and get a few more certified copies. I would say that an individual will probably need about six to 10 certified copies of the original depending on how many insur-

ance policies, pension funds or bank accounts the deceased individual has."

All of the "decedent's" financial institutions also need to be notified of the death, Barrett noted. For anyone to receive any kind of death benefit from IRAs, bank trusts, insurance policies, etc., the entity that is paying out will require a certified clerk's copy of the death certificate.

"You cannot go and have (the death certificate) notarized; you cannot make a photocopy of it. The death certificate has to be from the actual office that issues death certificates in that state," he said.

Another important step is to contact the probate court (sometimes called surrogate's court) in your home state to find out whether you must probate the will, receive an appointment as an executor, or take other legal measures. Each state has different rules and requirements. Larger estates may require the assistance of a local attorney. An Army legal assistance office can point you in the right direction.

Benefits from SGLI will, obviously, be processed through military channels, Barrett added. If the deceased service member was active duty at time of death, the spouse should be in contact with his or her unit and there will normally be a casualty assistance officer appointed.

Just as the title implies, the casualty assistance officer would coordinate legal assistance through the judge advocate office, financial counseling, and, as needed, psychological services through Army Community Services and the installation chaplain. Assistance would also be extended to surviving children. The CAO can also assist with the required forms for an SGLI payment.

Barrett also suggested that surviving spouses contact the Veteran's Administration, which offers benefits for active-duty deaths. One such benefit, according to military.com, is Dependency and Indemnity Compensation for survivors of service members who die in the line of duty.

Okay ... that wasn't so bad. You've bravely faced one of life's certainties and are now better equipped to make some serious decisions about your final moments and the future of your surviving loved ones.

Perhaps the next step is to dust off that previously executed will to ensure it still meets your needs. Spend a little time reviewing your wishes with your family. And, with a simple phone call, you can set up an appointment at the Post Judge Advocate office (788-3616) if you're an active duty service member or retiree — or its equivalent in the civilian sector, if not — to get legal advice and create a will if you don't already have one.